

WORKPLACE RIGHTS

CHECKLIST

Do you agree with these statements?

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I understand what tasks are expected from me.

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I know who to contact if I feel unsafe or uncomfortable.

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I understand my workload and personal boundaries.

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I know that discrimination and harassment are not acceptable.

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I feel respected by supervisors and colleagues.

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I know where to look for help about workplace rights.

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I can recognize manipulative or exploitative behaviour.

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I know that asking questions is normal and important.

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I know that I have the right to say no to unsafe situations.

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I understand that my wellbeing at work is important.